

Canning Acidic Foods: Fruits

1. Select ripe fruit that is free from mold, decay, and insect damage. Wash thoroughly in cold water. Peel, if necessary, and remove pits or seeds.

Selection of Fruits

2. Choose fruit that is at its peak of ripeness. Fruit should be firm but yield slightly to pressure. Avoid fruit that is overripe, underripe, or has a soft, mushy texture.

3. Select fruit that is in season. Seasonal fruit is typically at its best quality and flavor. For example, peaches are best in late summer and early fall.

4. Choose fruit that is locally grown when possible. Locally grown fruit is often fresher and has a longer shelf life.

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Hot Pack or Raw Pack

1. For hot pack, bring fruit to a boil in a syrup or water solution. For raw pack, pack fruit directly into the jar without cooking.

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